

What to Pack for an Overnight Hike (Summary)

Learn More: <https://lotsafreshair.com/2020/06/19/how-to-pack-for-a-weekend-hike/>

Home away from Home

- Backpack
- Dry Bags
- Tent or Shelter
- Ground Sheet or Tent Footprint
- Sleeping Bag
- Sleeping Bag Liner
- Sleeping Mat
- Pillow

Clothes

- Base Layers
- Mid Layers
- Shell Layer
- Underwear
- Socks
- Beanie
- Gloves
- Sun hat
- Handkerchief
- Camp Shoes

Accessories / Miscellaneous

- Sunglasses
- Camera
- Toilet Paper
- Toilet Trowel (aka Shit Shovel)
- Lip Balm
- Head torch & spare batteries
- Small Notepad & Pen / Pencil
- Fly Veil
- Toothbrush & Paste
- Sunscreen
- Insect Repellent
- Medications
- Deodorant
- Moisturiser
- Gaiters
- Battery Power Bank

Kitchen

- Stove & Fuel
- Cooking Pot, Spoon, Fork, Knife & Cup
- Water Storage
- Food
- Coffee, Tea, Hot Chocolate
- Happy Hour

Safety & Survival

- Personal Locator Beacon
- First Aid Kit
- Fire Lighting Kit
- Whistle
- Emergency Food
- GPS or nav app
- Mobile Phone
- Map & Compass
- Water
- Water Purification Method

Advanced / Exploratory / Off-track

- Scrub Gloves
- Safety Glasses
- Handline/tape

What to Pack for an Overnight Hike (Detail)

Home away from Home

- Backpack**
45-60 Litres (the smaller, the lighter with less stuff = happy walker).
- Waterproofing**
Dry bags are good or two good quality garbage bags inside each other. This is weather or creek crossing dependent.
- Tent or Shelter**
Lightweight hiking tent 1-2 person. If sharing, split the parts up between you to save weight. Lightweight alternative is going tarp/fly only and stringing them between trees or using hiking poles.
- Ground Sheet or Tent Footprint**
Not essential unless you're using a fly only option. Good for protecting the floor of your tent though!



Caro Tip:

Please don't use soap or detergents in the wild... even the ones labelled safe.

Kitchen

- Stove & Fuel**
Unless you plan on cooking on a fire, but good to have one in a group for a safety backup.
- Cooking Pot, Spoon, Fork, Knife & Cup**
Make the knife something decent to cut cheese/salami with, like Swiss Army style.
- Water Storage**
E.g. Bottles, bladder, empty wine cask.
- Food**
Lightweight (i.e. no cans) Breakfasts, Lunch, Dinners + snack as necessary for the number of days.
- Coffee, Tea, Hot Chocolate**
- Happy Hour**
Your favourite tippie and snacks.

Home away from Home

- Sleeping Bag**
Suitable to the season and temperature.
- Sleeping Bag Liner (silk or merino)**
Not essential, but good for keeping your bag clean (from your dirty body) and for adding a few degrees of warmth.
- Sleeping Mat**
- Pillow (luxury item)**
Or just stuff your rain jacket and clothes into your sleeping bag cover.

Clothes

Learn more:

<https://lotsafreshair.com/2020/08/11/best-clothes-for-hiking/>

- Base Layers**
Thermal top & bottom*, 1- 2 tops (e.g. t-shirt, shirt), 1-2 bottoms (e.g. pants, shorts).
- Mid Layers***
Fleece, down jacket or similar warm layer.
- Shell Layer**
Rain coat, rain pants.
- Other**
Beanie, gloves.*
- Underwear & Socks**
- Sun hat**
- Handkerchief**
Much better than tissues in the wild.
- Camp Shoes**
Something lightweight and small like thongs.

* Number of items depends on the season. Always keep a 'dry pair' of camp clothes.

Accessories / Miscellaneous

- Sunglasses** (strap handy)
- Camera**
- Toilet Kit**
Lightweight small trowel "shit shovel", toilet paper, hand sanitiser, tampons/cup, etc.
- Lip Balm**
- Head torch & spare batteries**
- Small Notepad & Pen / Pencil**
In a Ziploc bag.
- Fly Veil**
For places you know have high fly / mosquito rating!
- Toothbrush & Paste****
- Sunscreen****
- Insect Repellent****
- Medications**
- Deodorant**
- Moisturiser**
- Gaiters**
- Battery Power Bank & Charging Cables**

**Just take enough for the trip, not the whole tube or bottle.

Other

- _____
- _____
- _____
- _____

Safety & Survival

- Personal Locator Beacon**
- First Aid Kit (inc Emergency Blanket)**
And know how to use it :-)
- Fire Lighting Kit**
Waterproof matches, flint, cigarette lighter, lighting cheats like cottonwool soaked in vaseline etc.
- Whistle**
- Emergency Food**
- GPS**
Or navigation app on smartphone with maps of area downloaded.
- Mobile Phone**
Don't forget to waterproof it. Think about carrying a SIM of different phone carriers depending on the region you're travelling in.
- Map & Compass**
And know how to use them :-)
Keep map inside waterproof case.
- Water**
The amount will depend on the weather forecast and conditions.
- Water Purification Method**
Tablets, filter or drops so you can gather and drink water along the way.

Advanced / Exploratory / Off-track

- Scrub Gloves**
Gardening gloves to protect your hands.
- Safety Glasses**
To protect my eyes if going off-track.
- Handline/Tape**
To assist with rock scrambling, etc.

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